

Extracorporeal shock wave lithotripsy (ESWL) postoperative instructions

What is it?

ESWL is a noninvasive procedure that uses high-energy shock waves to break stones into tiny fragments that can be passed through urination.

After surgery, what should I expect?

Pink-red tinted urine is not unusual as you pass stone fragments. Also, do not be alarmed if your urine runs clear for a few days and develops a bloody tint a few days later. This is again caused by the passing of stone fragments. Your doctor may ask you to strain the urine for stone fragments.

- Pink colored urine with clots.
- Discomfort in the flank/side area.

Diet and activity after surgery

- After surgery you will be given clear liquids such as broth, juices or gelatin. As you are able to tolerate it, you may return to a regular diet. Avoid beverages or foods that irritate the bladder (alcohol, coffee, soda and tea).
- Increase fluid intake.
- You will be asked to walk soon after surgery to return circulation, breathing and bowel function to normal. This is very important in preventing the occurrence of blood clots.
- Walk at least three times a day, gradually increasing your distance.
- Avoid heavy lifting, no more than 15 pounds. Also avoid strenuous activity one week after surgery; this may increase the presence of blood in the urine.
- You may shower when you return home after surgery.
- Abdominal distention, constipation or bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Ducolax suppository. Do not strain during your bowel during movement.

If you experience any of the following, please contact our office:

- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine or increasing presence of blood clots in urine.
- Inability to urinate or severe burning with urination that does not improve.

Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.

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